




GROUP FITNESS

SPORTS OF ALL SORTS



*** JUNE - 2017 ***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6:30 - 7:15 (Karin) BUTTS & GUTS	2 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic	3
4	5 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (TONI) SilverSneakers Classic 6:30 - 7:30 (Heather) STRONG - By: Zumba!	6 9:30-10:20am (Toni) SENIOR'S YOGA	7 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	8 6:30pm-7:15 (Karin) BUTTS & GUTS	9 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (TONI) SilverSneakers Classic	10 BOOT CAMP 10:00am Fitness Center (Karin)
11	12 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 (Heather) STRONG - By: Zumba!	13 9:30-10:20am (Toni) SENIOR'S YOGA	14 9:30-10:25am (Lisa) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	15 6:30pm-7:15 (Karin) BUTTS & GUTS	16 9:30-10:25am (ANGI) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	17
18	19 9:30-10:25am (Lisa) Senior Strength & Cond. 10:30am-12:00pm Senior's Self Defence 6:30 - 7:30 (Heather) STRONG - By: Zumba!	20 9:30-10:20am (Toni) SENIOR'S YOGA	21 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30pm-7:15 (Toni) YOGA	22 6:30pm-7:15 (Angi) BUTTS & GUTS	23 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	24 BOOT CAMP 10:00am Fitness Center (Lisa)
25	26 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (TONI) SilverSneakers Classic 6:30 - 7:30 (Heather) STRONG - By: Zumba!	27 9:30-10:20am (Toni) SENIOR'S YOGA	28 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	29 6:30pm-7:15 (Karin) BUTTS & GUTS	30 9:30-10:25am Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic	